

## How poor posture effects your back over time?

You have probably heard before that poor posture contributes to muscle imbalances and consequently leads to lower back pain. Parents were reminding us at a young age that we need to take care of good posture when saying: "Stand up straight, lift your head, put your shoulders back, walk upright, straighten up while sitting, etc." Why did our parents tell us this? Were they right?

If we look back at the evolution of man, we see that our predecessors walked on all fours. When we developed and started walking on two legs, the forces on our spine also increased. Our spine is not flat, but is shaped in the form of the letter S and is one of the most stressed structures in our body. It is curved forward in the neck and lumbar part, and backward in the thoracic and sacral area. For many people, low back pain is related to poor posture, when sitting, standing, and walking. Most people have at least one and usually several postural imbalances.

### What causes poor posture?

Because of the modern lifestyle, when static work has replaced what was once more dynamic work, more and more people are having problems with lower back pain due to poor posture. During static work (sitting or standing), most muscles are overloaded, as they are in the same position at all times and maintain a static and too often incorrect posture. However, muscle function is dynamic since the human body is designed to move. Poor diet, emotional, and physical stress also contribute to postural imbalances.

### Does poor posture cause back pain?

Poor posture leads to increased tension in the muscles, ligaments, and intervertebral discs around the spine. Due to poor posture, the problems do not show up overnight. It lasts for quite some time, often several years, when increased muscle tension can lead to structural changes in the muscles, ligaments, and intervertebral discs around the spine. Not enough exercise and poor posture can cause:

- foot muscles turn inward (flat feet),
- shorten hip flexors (pelvis is in the wrong position, too much forward tilt),
- weakening the deep stabilizers of the spine (deep abdominal muscles and back muscles),
- shorten the pectoral muscles, and
- weakening the stabilizers of the shoulder blades (shoulders and head moved forward).

These changes usually cause pain in the spine, which is often a result of an imbalance in muscle function. Poor posture is linked to other factors, such as the inclination of the pelvis. It depends on the normal extensibility and the tension of the hip muscles. Equal leg length also plays an important role. If one leg is shorter than the other, a lateral tilt of the pelvis can occur, causing an overload of some muscles.

## Differences between optimal and poor posture

Every muscle in our body has its optimal length and tension movement. When our posture is good, the muscles along the spine can optimally perform their function. However, when we have a postural imbalance, some muscles are shortened and tightened, while other muscles are elongated and weak. Our body is made to be able to maintain muscle balance to a certain degree, as muscles are capable of adapting and compensating.

Some asymmetries are noticeable in every person, even if the person doesn't feel any back pain. Asymmetries are somewhat natural in our musculoskeletal system. The problem arises when the asymmetries become too distinctive. Then, the musculoskeletal system is no longer capable of compensating for the overload and tension in the muscles.

## How can I Improve my posture?

It is essential to reduce tension on painful segments by strengthening or relaxing muscles that are out of balance due to poor posture. Exercises to strengthen deep abdominal muscles, deep back muscles, and shoulder stabilizers are also important.

Practice good posture when sitting, standing, moving, and lifting heavy loads. It is good to change positions between standing and sitting. You will load and relax different muscles and reduce their tension. There are also various posture correctors available that will help you to maintain good posture and to reduce back pain.

## Do posture correctors really work?

Posture correctors are designed to help you relieve chronic back pain, as they correct postural imbalances, restore the natural curvature of the back, and improve flexibility in back and shoulder muscles. For example, our Posture Buddy as a [multi-level lower back stretcher](#) also has many acupressure points that are deeply massaging stiff back muscles and therefore decompress the spine relieving pressure.

You can wear Posture Buddy [posture corrector brace](#) on the upper back. You will feel the results just in two weeks, as your muscles will adapt to wearing a brace. Your posture will straighten until you will always stand and sit straight and tall without any effort. With regular use of a posture corrector, your muscles will develop memory. After a while, you will have a better posture and less back pain.